

March 2023



Regency Retirement Community

ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:30am Chair Exercise Class 	2 2:30pm Smoothies 	3 8:00 Breakfast Club DR 10:30am Chair Exercise Class	4 2:30pm Movie 1st floor
5 2:30pm Bingo DR 	6 10:00am Blood pressure & Weight Clinic -Wellness Centre	7 2:30pm Hot Chocolate Cart & Treats 	8 10:30am Chair Exercise Class 1:30pm Arts & Crafts 	9 1:30pm Art Program DR 	10 8:00am Breakfast Club DR 1:30pm Tuck Shop DR	11 2:30pm Chocolate Bar Bingo
12 Daylight Savings Time 2:30pm Afternoon Refreshments 	13 10:00am Blood pressure & Weight Clinic -Wellness Centre 10:30am Tim Horton's Coffee & Donuts 	14 9:30am What's Cooking 2:30pm Men's Group 	15 10:30am-Chair Exercise Class 1:30pm Lucky Bingo DR 	16 10:00am Baking Group -Lucky Mint Chip Cookies 	17 St Patrick's Day 8:00am Breakfast club DR 10:30am Chair Exercise Class 2:30 St Patrick's Social DR 	18 1:30pm Movie first floor
19 2:30pm Afternoon Refreshments 	20 10:00am Blood pressure & Weight Clinic -Wellness Centre 2:30 Trivia - Who, What, Where?	21 1:30pm Chocolate & Chips Bingo 	22 10:30am Chair Exercise Class 2:00pm Church Program with Rev. Dwayne Parsons	23 2:30pm Birthday Social 	24 8:00 am Breakfast Club 10:30am Chair Exercise class 1:30pm Tuck Shop DR	25 2:30pm Bingo
26 2:30pm Bingo DR 	27 10:00am Blood pressure & Weight Clinic -Wellness Centre 	28 2:30 Smoothies DR 	29 10:30am-Chair Exercise Class 1:30 Arts & Crafts -Easter 	30 10:30am Chair Exercise Class 1:30pm Baking Group 	31 8:00am Breakfast Club DR 10:30am Chair Exercise class 1:30 am Tuck Shop DR	

March is National Craft Month & Nutrition Month
 Programs are subject to change without notice.

March Birthstones
 Aquamarine- symbolizes youth, health & hope
 Bloodstone - represents strength & stealth



Bill D
 March 2

Margaret O
 March 8

Paul C
 March 30



Regency Retirement Community

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